WINCHESTER NEWS
A TRUSTED AND RELIABLE SOURCE OF LOCAL NEWS

Donate

DONATE | NEWS | SPORTS | EVENTS | FEATURES | OPINION | NEWSLETTER | CONTACT | ABOUT

NEWS

Health Department offers training on Narcan, opioid use in Winchester

SPECIAL TO THE NEWS

January 29, 2024 . 6:24 PM — 3 min read

The Board of Health on Jan. 22 held a presentation at the Winchester Public Library to train residents in the usage of Narcan during an opioid overdose. COURTESY PHOTO

Opioids in any form are highly addictive drugs. They come in pre
form, like oxycodone after dental surgery, while others are obtai

Subscribe

illegally, like heroin or fentanyl.

Opioid abuse is a disease, formally called Opioid Use Disorder (OUD), and it affects people in communities across our country. Winchester is no exception. These are our neighbors, our friends and not infrequently members of our families.

One Winchester resident has said that following knee surgery he was put on an opioid pain killer and was not informed of the highly addictive nature of this drug; compounding recovery from the surgery he now had to contend with sharp stabbing stomach pain, nausea and other symptoms each time he tried to withdraw from the prescription.

A presentation of best practices to aid someone suffering from an opioid overdose was held at the Winchester Library on Jan. 22.

Naloxone (commonly called Narcan) training was held by Public Health Nurse Karen DaCampo for the Winchester Health Department as part of a free community event called, “Mental Health Meet and Greet.”

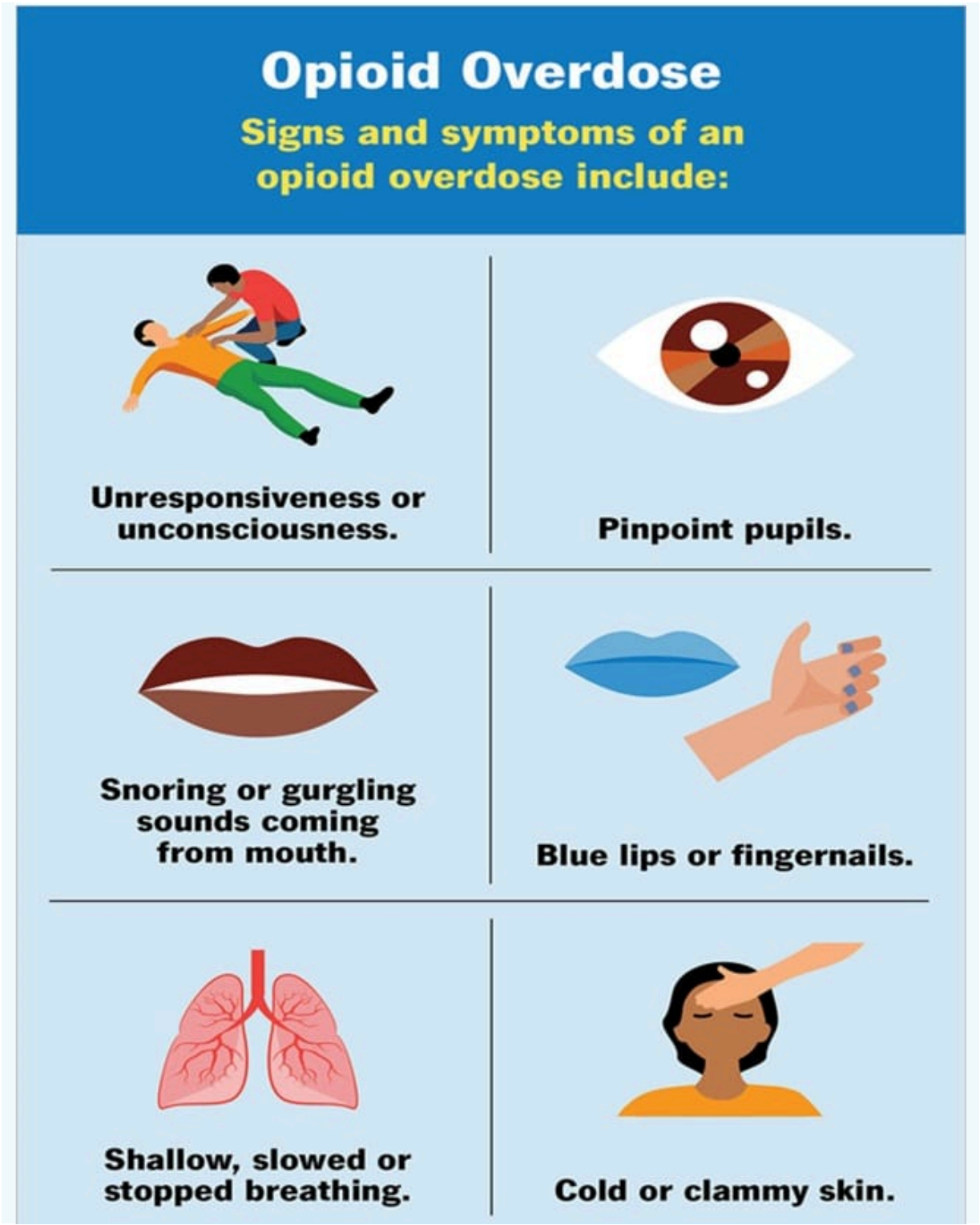
The event was offered by the Winchester Coalition for a Safer Community, led by Dot Butler, community health program manager of the Health Department.

The event featured a hands-on Naloxone nasal spray training and free kits containing naloxone, fentanyl test strips, instructions, gloves and more were offered to the public. Importantly, the kits also contain resources for help with substance use disorder.

These kits are currently available for free at the Health Department at Town Hall. Naloxone/Narcan is also available at local pharmacies and is largely covered by health insurance or for a fee.

Subscribe

DaCampo stressed that, “Timely administration of Narcan saves lives.”


Opioid Overdose
Signs and symptoms of an opioid overdose include:
Unresponsiveness or unconsciousness.
Pinpoint pupils.
Snoring or gurgling sounds coming from mouth.
Blue lips or fingernails.
Shallow, slowed or stopped breathing.
Cold or clammy skin.

A slide used in the presentation by Public Health Nurse Karen DaCampo during her training on Narcan usage for an opioid overdose on Jan. 22. COURTESY PHOTO/BOARD OF HEALTH

Jennifer Murphy, MPH, Winchester’s Public Health director, would like the community to know that, “The Health Department offers freque

Subscribe

about how to administer Narcan safely, and staff are available on request to speak to the public about this issue."

Ruth Trimarchi, chair of the Board of Health, attended the event and notes that the board has prioritized the mental health of residents.

"Mental health concerns were exacerbated by the pandemic and the Board of Health is committed to ensuring that residents are aware of the support and resources that the Coalition/Health Department and other town entities provide," she said.

At the event, the coalition highlighted the importance of seeking help for mental health concerns, that includes and underlies opioid use disorder. Connections to care and resources for providers of all mental health topics of concern were disseminated at the event.

Kristin Romaine, mental health wellness coordinator for the town, was introduced and available to engage with participants and provide additional information.

Residents can call Romaine for assistance at 781-729-1340 ext.312 or the Health Department at 781-721-7121. The community is also encouraged to visit the Health Department's Wellness Resources webpage at: https://www.winchester.us/930/Wellness-Resources.

Mental Health Hub

Winchester has recently formed the "Mental Health Hub" that is a partnership of several key town departments that meets regularly to discuss the behavioral health needs of our community.

The Hub strives to ensure the town is prepared to aid in times of [illegible] routinely connects residents to care, resources and support services. The

Subscribe

Hub consists of the Police Department, Coalition for a Safer Community, licensed mental health staff, Fire Department, Health Department and Jenks Center.

Resources:

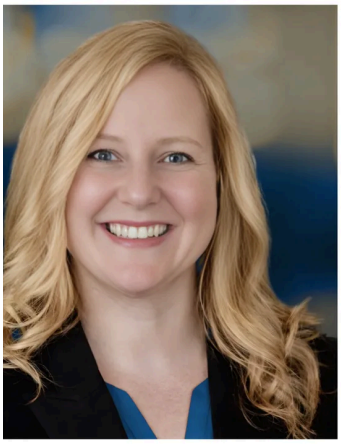
INTERFACE, free Referral Helpline to locate mental health providers: 888-244-6843

Kristin Romaine, LMHW, Winchester Mental Health and Wellness Coordinator, located at the Police Department: 781-729-1214

Suzanne Norton, MSW, Winchester Social Worker, located at the Jenks Center: 781-721-7136

Jennifer Murphy is the director of the Winchester Health Department.

Related



NEWS

Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester's School Committee will face voters at a forum as the

NEWS

Rep. Michael Day helps House colleagues pass sweeping energy affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and

Subscribe

district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

WILL DOWD | STAFF WRITER

March 4, 2026

his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

March 4, 2026

NEWS

Winchester gun owners face new training rules starting April 2

Public safety data How Winchester compares on firearms licenses in comparable Massachusetts communities Active licenses as of Jan. 25, 2025 — Source: Massachusetts Criminal History Systems Board License to carry firearms Firearms identification card Winchester and Marblehead are the focus communities. Peers selected based on comparable population size, demographics and suburban

WILL DOWD | STAFF WRITER

March 4, 2026

NEWS

Sen. Jason Lewis, Mass. Senate strengthen fair housing protections for renters, buyers

The following was submitted by the Office of Sen. Jason Lewis: State Sen. Jason Lewis joined his colleagues in the Massachusetts Senate to pass legislation that protects residents from discrimination in the housing market as the Trump administration abandons its enforcement of the federal Fair Housing Act. Illegal discrimination continues

March 3, 2026

Latest

Subscribe

PROMOTING HEALTH & EMPOWERMENT
HEAR FROM HIGH SCHOOL LEADERS
LEARN THROUGH INTERACTIVE GAMES
MEET NEW PEOPLE
FREE AND OPEN TO THE COMMUNITY
Middle school & high school students, teachers, parents, friends, community members - come and bring a friend!
FOR MORE INFORMATION:
EMAIL OFFICE@NFSJ.ORG
CALL 781-729-7100
NETWORK for SOCIAL JUSTICE
FROM WINCHESTER AND CHELSEA
GIRL UP
WOMEN IN STEM
GIRLS GOTTA RUN
MIND & MATTER

EVENTS

Celebrate Women's History Month with Girls Leading Change

The following was submitted by the Network for Social Justice: To mark Women's History Month and International Women's Day in 2026, the Network for Social Justice is collaborating with club leaders from Winchester High School and members of the Community Health team from La Colaborativa in Chelsea and

March 4, 2026

NEWS

Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester's School Committee will face voters at a forum as the district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

WILL DOWD | STAFF WRITER

March 4, 2026

FEATURES

'Chicago: Teen Edition' dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester

EVENTS

Ripley Chapel in Winchester presents 'Syldason: You Are Welcome Here'

The following was submitted by the Ripley Chapel at First Congregational Church: On

Subscribe

High School presents “Chicago: Teen Edition,” a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. This iconic production is set in the 1920s. Performances will take place on March 13 and 14

SPECIAL TO THE NEWS
March 4, 2026

Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

March 4, 2026

WINCHESTER NEWS
A TRUSTED AND RELIABLE SOURCE OF LOCAL NEWS

Subscribe to Winchester News

© 2026 Winchester News Group, Inc. Copying and sharing with permission for non-commercial use only.

Subscribe